



Dear Sangha Members:



Our morning retreat for the month of June will take place this Saturday, the 5th, starting at 5:30 a.m. and ending at noon with the monthly memorial service for our first Abbot, Rev. Issan Dorsey. We'll spend our time together sitting and walking, and hearing a Dharma talk at the usual 10 a.m. hour. A simple breakfast will be served, but you must SIGN UP in advance in order to join the meal, either by replying to this email, sending a separate email to [hszc108@yahoo.com](mailto:hszc108@yahoo.com), or leaving us a phone message at (415) 863-2507. The retreat time will be followed by tea and cookies in the living room for everyone.

Those who can't attend for the full time can join us for any of the other activities, except as stated above. However, while you may enter the zendo (meditation hall) while a period of sitting is going on, please wait on the bench by the street door until the next period of walking or the next break.

It's quite all right to adjust your sitting posture during a period of zazen (seated meditation), so no one needs to feel that s/he would find the sitting schedule too difficult. Do please join us! We ask a donation of \$15 from non-members, and \$10 from members, but any amount of dana (donations in support of Dharma) is ok.

[Hartford Street Zen Center](#)



Blessings to you from

The Hartford Street Zen Center Sangha

